



# Survivor Advocates for Empowerment

## By Survivors, For Survivors

Supporting survivors of gender-based violence through recovery and beyond.

### Different forms of trauma:

	Single Incident Trauma	Complex Trauma
<b>Definition</b>	Traumatic events that happen in a short period of time Intensity of the experience is usually great in Big T Trauma	Trauma that occurs repeatedly over time. It becomes complex because there's no clear beginning, middle and end contained in an identifiable period of time. Intensity of the experience is usually greater in Big T Trauma.
<b>Example</b>  <b>Big T Trauma</b>	<ul style="list-style-type: none"><li>• Losing a home to natural disaster or fire</li><li>• Sudden loss of a loved one</li><li>• Car accident</li><li>• Robbery</li><li>• Rape or sexual assault</li></ul>	<ul style="list-style-type: none"><li>• Repeated child abuse (physical, sexual, verbal, emotional)</li><li>• Childhood neglect</li><li>• Spousal abuse</li><li>• Oppression from a dominate cultural/racial group</li><li>• Prolonged disrespecting and demeaning employer</li><li>• Going through a war</li><li>• Divorce and abusive relationships can</li></ul>
<b>Example</b>  <b>Little t Trauma</b>	<ul style="list-style-type: none"><li>• Missing a bus on the way to school</li><li>• Being passed over for a part in a play</li><li>• Breaking a bone</li><li>• Falling down a flight of stairs</li></ul>	<ul style="list-style-type: none"><li>• Regularly being picked last in gym class</li><li>• Difficulties with learning</li><li>• Conflict with a childhood friend</li><li>• Non-aggressive sibling rivalry</li></ul>

***“What makes an experience traumatizing is whether or not a person’s brain is able to process it and consolidate it into a stable long-term memory that has a clear beginning, middle and end of the event.”***

