

COMPLEX TRAUMA: THE TRIGGERS



- Ⓢ The complex behaviours presented by these youths can be difficult to understand.
- Ⓢ There are a multitude of triggers that consciously or unconsciously remind these youths of the traumatic events they experienced.
- Ⓢ These triggers can be obvious or more subtle.
- Ⓢ It is important to work in close collaboration with these youths as well as the various adults that surround them.

Become
detectives

IMPORTANT: Even if we cannot discover all the triggers, certain indicators allow us to observe that the child's alarm system is "activated" and we can thus intervene accordingly.

Sensory

Hearing: Shouting, alarm, police siren, words/expressions, music/song...

Sight: Place, resemblance/expression on a person's face, images, objects, darkness...

Smell: Perfume, smell of any products, alcohol, drugs, food, smells related to a place...

Touch: Physical contact, being touched in a certain way...

Taste: Food...

Internal

Sensation related to thirst, hunger or lack of sleep

Sensation related to survival mode: breathing or heartbeat

Pain or physical pleasure, illness or injury, body tension...

Relational

Situations of intimacy, authority, non-respect of boundaries

Feeling threatened/violated, positive attention

Non-meeting of emotional needs in the relationship

Lack of intimacy, being heard, being told to shut up, being ignored

Limitations when faced with certain behaviours, being teased, being blamed/berated...

Emotional

Unpleasant or intense pleasant emotions

Feeling of vulnerability, injustice, loneliness or insecurity...

(Blaustein et Kinniburgh, 2019 in Marie-Ève Grisé, 2022)