

COMPLEX TRAUMA: THE TRIGGERS

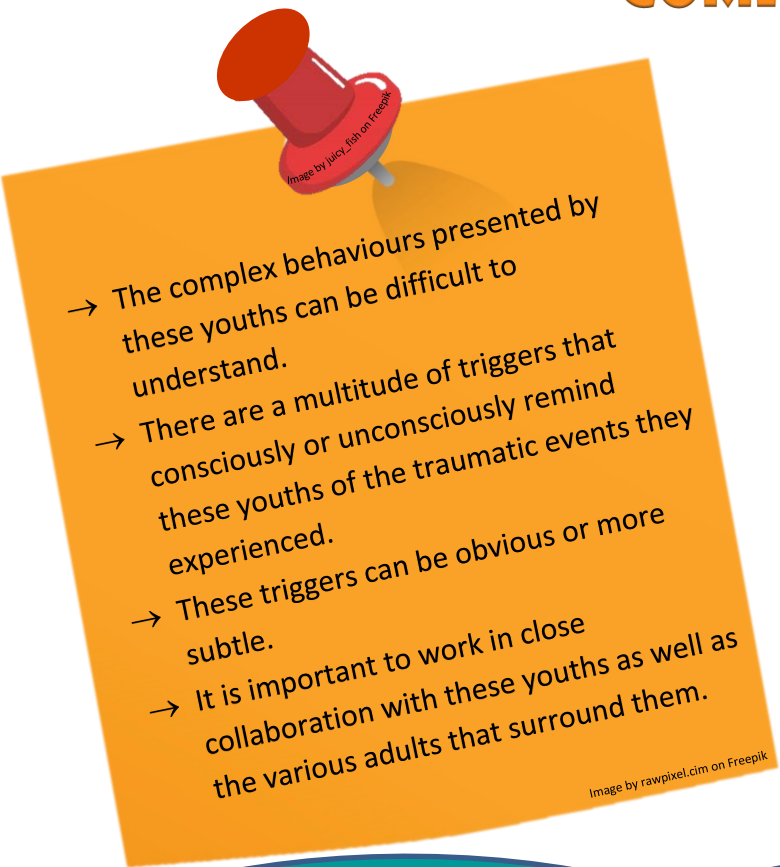
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- The complex behaviours presented by these youths can be difficult to understand.
 - There are a multitude of triggers that consciously or unconsciously remind these youths of the traumatic events they experienced.
 - These triggers can be obvious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

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

Centre intégré
de santé
et de services sociaux
de la Montérégie-Est

Québec 

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

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...

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