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Written Assignment for research paper

Topic: Dealing With Crisis and Traumatic Events

I would like to do my research paper on the above topic and point out and describe some descriptions of dealing with crisis and traumatic events. 'A traumatic experience is an event that falls completely outside the scope of your normal life. The experience does not fit within your image of how the world should be put together and how you should function within it. It is an event that provokes very strong emotions, such as fear, rage or powerlessness'. (Scholte, www.warchild.nl) 'A difficult situation becomes a traumatic event when it is a sudden, extreme, abnormal and fearful experience'. (AVSI Handbook for teachers (USAID), 2003, p. 12)

'A sudden and acutely shocking experience that washes over the individual, rendering him or her powerless for a brief or a longer period of time. The event can lead to a post-traumatic stress reaction or even disorders'. (Wolters, 1991)'A traumatic experience is a very shocking event of a special order, which renders the individual temporarily helpless or hopeless. Normal mechanisms of self-maintenance are often made redundant but not always: some may actually be activated. The normal coping repertoire (link to what is coping?) is no longer there. That in and of itself constitutes a very vulnerable situation because often and especially in situations of war you need to be fully alert and have that coping repertoire available'. (professor Wolters)

Intense emotion and reactivity: People may feel intense anxiety, pain, fear, shame, grief, horror, anger and shock. They may also have difficulty relaxing or falling asleep. Numbness: When people are overwhelmed, they may experience shock and protect themselves through detachment, denial and disbelief. They may feel isolated and disconnected from people or even from their own normal feelings.

Depression: People may have difficulty concentrating or remembering. They may also experience diminished interest in everyday activities and have crying spells. A sense of despair and hopelessness may be very evident. Flashbacks: People often re-experience the traumatic event over and over again. The feeling of not having any control is heightened. They may feel tortured by the invading thoughts and memories. Nightmares: These are like flashbacks but they occur in dreams. As a result, people may have difficulty sleeping. Re-experiencing the trauma intensifies feelings of panic and helplessness. Triggering events and people: Often, people will attempt to avoid anything associated with the trauma. However, events that remind them of the trauma may trigger feelings initially triggered by the trauma itself. All information received came from Binghamton University Counseling Center and www.counseling.binghamton.edu.

Reference

Binghamton University Counseling

www.counseling.binghamton.edu.

(Scholte, www.warchild.nl)

(AVSI Handbook for teachers (USAID), 2003, p. 12)

(Wolters, 1991)