

Jaider Angola

Profesor Maret

PSY441

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The Role of Trauma

(The impact of trauma on personality development and expression)

Paragraph 1: Introduction

- Overall review of trauma and how one can get trauma.

Paragraph 2: Childhood trauma

- Overall review of how our childhood can shape our personality.
- A quick description of nature vs. nurture
- Scientific evidence on how the effects of childhood trauma

Paragraph 3: Nigel Barber on "Trauma Resets Personality"

- A review on Nigel Barber's take on trauma
- Lead into an opinionated paragraph

Paragraph 4: The pros and cons of trauma

- List of a few pros and cons on how trauma affects us
- My opinion on how the pros outweighs the cons in order to lead into a rebuttal

Paragraph 5: The Rebuttal

- This whole paragraph will just be going against my opinion in order to play devil's advocate.

Paragraph 6: Treatment

- Treatments for trauma and PTSD

Reference page:

- <https://www.psychologytoday.com/us/blog/the-human-beast/201212/trauma-reset-s-personality>
- <https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-016-0853-2>
- <https://www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma/effects>
- <https://bmcp psychiatry.biomedcentral.com/articles/10.1186/1471-244X-13-3>
- <https://www.webmd.com/mental-health/what-are-treatments-for-posttraumatic-stress-disorder>