

## Type 1 Trauma

- Severe illness
- Violent assault
- Sexual assault
- Traumatic loss
- Mugging/ robbery
- Witnessing violence
- Victim of violence
- Witnessing a terrorist attack
- Witnessing a natural disaster
- Road traffic accident
- Personal injury
- Military combat incident
- Hospitalisation
- Psychiatric hospitalisation
- Childbirth
- Medical trauma
- Post suicide attempt trauma
- Life threatening illness/ diagnosis

## Little t Trauma

- Loss of a loved one (not traumatic bereavement)
- Moving to a new house
- Losing a job

## Type 2 Trauma

- Sibling abuse
- Childhood emotional abuse
- Domestic violence
- Emotional neglect
- Attachment trauma
- Abandonment
- Verbal abuse
- Coercion
- Domestic physical abuse
- Long term misdiagnosis of a health problem
- Bullying at home/ school/ work setting
- Sexual abuse
- Emotional abuse
- Physical neglect
- Overly strict upbringing sometimes religious

## Intergenerational Trauma

- Racism
- Discrimination
- Genocide
- War
- Forcible removal from a family/ community

