Trauma and the Brain

Many victims of human trafficking show symptoms of Post-Traumatic Stress Disorder (PTSD)

According to the American Psychiatric Association, PTSD may be diagnosed in people who have:

- Experienced, witnessed, or been confronted with one or more events that involved real or threatened death or serious injury to the physical integrity of themselves or others
- Responded to these events with intense fear, helplessness, or horror, which may be expressed as disorganized or agitated behavior

How Trauma Impacts the Brain

Can negatively affect person's brain chemistry and nervous system.

Symptoms can include: flashbacks, nightmares, sleeplessness, negative thoughts, fear, anger, shame, reckless behavior, irritability and angry outbursts.

Trauma triggers biological changes to a person's stress system. This can cause the person to constantly be in a state of flight, flight, or freeze.

Traumatized individuals display changes in the levels of stress hormones similar to those seen in combat veterans.

