Trauma and the Brain

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
- Can negatively affect young person's brain and nervous system development
- Trauma triggers biological responses to stress (flight, fight or freeze) and can cause alterations to a person's stress system. The effect is that the person is constantly in a state of flight, fight or freeze.
- Traumatized individuals, including children and adolescents, display changes in the levels of stress hormones similar to those seen in combat veterans.

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