

Trauma



Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning.

Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place. any serious physical injury, such as a widespread burn or a blow to the head.

Adapted from the [*APA Dictionary of Psychology*](#)

Coping with the trauma of war in the Middle East