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***Harmony At Home***

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**Events that can lead to an experience of childhood trauma:**

* An unstable or unsafe environment
* Separation from parent (foster care, death, divorce, jail, etc.)
* Serious illness (self, friend, or someone in family)
* Intrusive medical procedures (surgeries, chronic disease, ongoing treatments)
* Sexual, physical, or verbal abuse
* Domestic violence
* Exposure to gang violence
* Exposure to drug and/or alcohol abuse
* Neglect (physical or emotional)
* Extreme poverty
* Bullying

**Some emotional and physical symptoms of trauma:**

* Extreme shyness, quietness, or non-engaged with peers
* Extreme hyperactivity, disruptive behavior
* Physical symptoms of shock—stoic appearance, disconnected
* Flat affect—“no sparkle in the eyes”
* Depressed mood
* Expression of anger, shame, and/or self-blame
* Expression of feelings of sadness or hopelessness
* Signs of confusion, difficulty concentrating
* Expressions of anxiety, fear, shock
* Feeling disconnected, numb, or withdrawn
* Sleeplessness, poor sleeping habits, ongoing fatigue
* Outward appearance
* Overly sensitive to noise, crowds, or gentle touch; easily startled
* Describes ongoing aches, pains, or displays physical signs of concern
* Difficulty concentrating in school
* Difficulty making friends or keeping friends