



TRAUMA & SOCIETY

Webinar #1 - 2024



1. WHAT IS TRAUMA?

In the last 20 years, the concept of trauma has undergone a revolution. Thanks to advances in neuroscience and exams of images, today we know that it is not necessary to go through a natural catastrophe, serious accident, intense violence or war to traumatize oneself. Seemingly trivial everyday experiences can negatively impact a child's cognitive and emotional development, with lasting damage to their health, learning capacity and behaviour.

2. TYPES OF TRAUMA

Not all traumas are the same. The extent of damage and symptoms will vary greatly depending on its origins and on the moment it occurred. The earlier in life, the greater its damage due to the developing nervous system's susceptibility to environmental interactions. From child psychoanalysis in the late 1940s to current neuroimaging exams, it is known that traumas can be linked to the child's first emotional bonds, to the most sensitive periods of their development, to the relationships and emotional atmosphere within the family in childhood and adolescence, to events of lifelong emotional overload that goes beyond one's ability to deal with.

3. NEUROBIOLOGY OF TRAUMA

The world's experts on the subject are categorical: Trauma is not a bad memory of the past - it is the past living in the moment. It manifests itself first and foremost in our body, affecting the thoughts, behaviour and feelings of those who carry this mark. Trauma changes how the brain works and impacts all areas of our lives, with significant damage to our physical and mental health.

4. HOW CAN WE NOTICE TRAUMA?

What are the signs that we carry unresolved trauma? How does it affect our well-being, our relationships and our productivity? What is the collective impact?

5. HOW TO PREVENT IT?

The role of Psychoeducation in the prevention of trauma: identification of pathogenic agents in society as a whole, the end of blaming and the adoption of a policy of individual & collective accountability.

6. IS IT POSSIBLE TO HEAL FROM A TRAUMA?

What does it mean to be a traumatized person? What is lost in this experience and what can be rescued? What are the paths?

AUDIENCE

Educators, social workers, education and health managers, public organizations and private institutions aimed at children and adolescents will benefit from understanding the link between trauma history and social complex issues. For parents and carers, this course offers insights on

how to build a better relationship with yourself and with others. **Psychoeducation** is the first step towards recognizing, preventing and recovering from the devastating effects of psychological trauma.

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