

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

What Is Complex Trauma?

When people think of trauma, they often imagine a specific experience, like a natural disaster or a violent attack. And it's true that a very upsetting or life-threatening experience can lead to PTSD and other mental health challenges. But there's another form of trauma that involves chronic negative experiences like abuse, neglect, or violence. This is known as [complex trauma](#), and its profound impact on kids is often misunderstood.

This week on [childmind.org](#), we take a close look at complex trauma — its causes, the symptoms associated with it, and how to help kids who are dealing with it. Because complex trauma often happens to children at home or in their neighborhood, it interferes with their ability to develop trusting bonds with caregivers and can lead to chaotic, confusing behavior. We're also sharing tips on how to [recognize trauma in the classroom](#) and [tell the difference between trauma and ADHD](#), two conditions that can look similar on the surface.

– Hannah Sheldon-Dean, Managing Editor

Complex Trauma - https://childmind.org/article/what-is-complex-trauma/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=what-is-complex-trauma

Childmind.org - https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=child_mind_institute_url_body

Recognize Trauma in the Classroom - https://childmind.org/article/how-trauma-affects-kids-school/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=how-trauma-affects-kids-school

Tell the Difference Between Trauma and ADHD - https://childmind.org/article/is-it-adhd-or-trauma/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=is-it-adhd-or-trauma

What Is Complex Trauma?

Understanding the effects of chronic traumatic experiences.

https://childmind.org/article/what-is-complex-trauma/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=what-is-complex-trauma

How Trauma Affects Kids in School

Signs of trauma and tips for helping kids who've experienced ongoing trauma.

https://childmind.org/article/how-trauma-affects-kids-school/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=how-trauma-affects-kids-school

Is It ADHD or Trauma?

Why the symptoms are often confused, and how to avoid a misdiagnosis.

https://childmind.org/article/is-it-adhd-or-trauma/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=is-it-adhd-or-trauma

Teaching Kids to Speak Up About Sexual Abuse

Straight talk and a no-secrets policy can encourage children to get help if they need it.

https://childmind.org/article/10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse

Treatment for PTSD

There are several evidence-based therapies for kids dealing with trauma.

https://childmind.org/article/treatment-for-ptsd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-14&utm_content=treatment-for-ptsd

Shared information and Credit to "The Child Mind Institute".