



# Management of Psychogenic Trauma in Childhood and their Stress Disorder

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## DESCRIPTION

Psychogenic trauma is another term for psychological trauma, which is an emotional response to a distressing event or series of events, such as accidents, or natural disasters. Not everyone who experiences a stressful event will develop trauma, as people have different coping mechanisms and protective factors. Trauma can cause a wide range of physical and emotional symptoms, such as flashbacks, nightmares, anxiety, depression, guilt, and numbness. Some people may develop Post-Traumatic Stress Disorder (PTSD) after being exposed to a major traumatic event or events. Trauma can be treated with various forms of therapy, medication, and self-care strategies. Trauma is not a mental illness, but a response to an event that a person finds highly stressful or life threatening. However, trauma can have lasting adverse effects on a person's mental, physical, emotional, social, or spiritual well-being.

### Some self-care strategies for trauma

**Physical activities:** Engaging in physical exercises such as running, dance, or yoga can help reduce stress, relax muscles, and improve mood. Other physical activities such as shopping, cooking, or sleeping can also provide distraction and comfort.

**Relational activities:** Building trusting relationships with friends, family, peers, or therapists can provide emotional and social support. Sharing feelings and emotions, laughing, and doing things together can help cope with trauma. Some people may also find comfort in spending time with their pets.

**Cognitive activities:** Using deliberate distractions such as movies, music, reading, or meditation can help calm the mind and shift attention from traumatic memories. Focusing on positive aspects of life, practicing gratitude, and seeking spiritual guidance can also help foster resilience and hope. These are some examples of self-care strategies for trauma, but each person may find different things helpful. The important thing is to find what works for you and do it regularly.

Trauma can cause brain damage in different ways and can be either traumatic or acquired. Traumatic Brain Injury (TBI)

usually results from a violent blow or jolt to the head or body, or from an object that pierces the skull and enters the brain. Acquired brain injury occurs without a hereditary or degenerative cause, such as stroke, tumor, infection, or lack of oxygen. Brain damage can have wide-ranging physical and psychological effects, depending on the type, cause, and severity of the injury. Some signs or symptoms may appear immediately after the injury, while others may appear days or weeks later. It can affect a child's emotional, behavioral, and physical well-being.

### Some signs of psycho trauma in small children

**Emotional:** Fear, anxiety, sadness, anger, guilt, shame, low self-esteem, mood swings, nightmares.

**Behavioral:** Regressive behavior, for e.g., clinginess, aggression, withdrawal, avoidance of reminders of the trauma, reenactment of the trauma in play.

**Physical:** Headaches, stomachaches, fatigue, changes in appetite or sleep patterns.

Psycho trauma in small children refers to a psychological injury that occurs when a child experiences or witnesses a disturbing event that is perceived as life-threatening, violent, or dangerous. Some common causes of psycho trauma in small children are abuse, neglect, violence, accidents, natural disasters, loss of a loved one, or medical procedures.

Some symptoms of psychological trauma are Recurrent, unwanted, and distressing memories of the traumatic event, reliving as if it were happening again (flashbacks), or having upsetting dreams or nightmares. Try to avoid thinking or talking about the traumatic event, or avoiding places, activities, or people that remind you of the event. Having negative thoughts about yourself, other people, or the world, feeling hopeless about the future, having memory problems, having difficulty maintaining close relationships, feeling detached from others, losing interest in activities you once enjoyed, having difficulty experiencing positive emotions, or feeling emotionally numb. Being easily startled or frightened, always being on guard for

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danger, engaging in self-destructive behavior, having trouble sleeping or concentrating, feeling irritable, angry, or aggressive, or having overwhelming guilt or shame.