



**ASSIST TRAUMA
CARE**



ASSIST TRAINING

SECONDARY TRAUMATISATION (SHATTERED ASSUMPTIONS)

A major problem for individuals who have suffered from trauma is the occurrence of secondary traumatisation

- 1. An initial traumatic event is outside of regular human experience and the individual's expectations.**
- 2. Suddenly a world which felt safe and meaningful is no longer so.**
- 3. The individual struggles to find a way back to a place of safety.**
- 4. It is taken for granted that there are worthy, competent individuals / agencies who will help in this situation.**
- 5. Even in the midst of extreme pain and emotional chaos this belief provides some safety.**
- 6. The outside person / agency does not fulfil expectations – the traumatised individual's basic assumptions about the world are now totally shattered.**
- 7. The trauma deepens. PTSD can occur where it did not previously exist.**
- 8. Anger can lead to conflict with statutory or other agencies. These agencies become defensive and can close ranks. Litigation may occur.**

The traumatised individual's recovery is delayed.

