

Trauma: understanding and overcoming its effects.

Riccardo Giorgino*

Department of Orthopedics and Traumatology, University of Milan, Milan, Italy

Trauma is a term used to describe a deeply distressing or disturbing experience that has long-lasting effects on an individual's mental and emotional well-being. It is a response to a traumatic event or series of events, such as abuse, neglect, war, natural disasters, car accidents, or other violent acts. Trauma can also result from less obvious experiences, such as growing up in an environment with family members who suffer from addiction or mental illness, or experiencing discrimination or bullying. The effects of trauma can be far-reaching and can impact every aspect of an individual's life. For some, trauma can lead to post-traumatic stress disorder (PTSD), a condition that causes persistent memories, nightmares, and anxiety about the traumatic event. For others, trauma may cause depression, anxiety, anger, and other mood disorders. Additionally, trauma can lead to substance abuse, relationship difficulties, and physical health problems [1].

The way that trauma affects individuals is unique and depends on many factors, including the nature and severity of the traumatic event, the individual's personal characteristics and coping mechanisms, and the support received after the event. However, there are some common experiences among people who have experienced trauma. For example, many people find that they are unable to trust others, or have difficulty sleeping or managing their emotions. Some people feel detached from others and struggle to feel connected or form close relationships. Others may experience intense feelings of guilt or shame. It is important to seek help if you are experiencing symptoms of trauma. There are many effective treatments available, including therapy, medication, and support groups. Cognitive-behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) are two types of therapy that have been shown to be effective in treating trauma. CBT helps individuals understand and change negative thoughts and behaviors that may be contributing to their trauma symptoms, while EMDR helps individuals process traumatic memories and reduce their impact on current life. Medication can also be helpful for reducing symptoms of anxiety and depression associated with trauma [2].

It is also important to understand that overcoming trauma is a journey that takes time and effort. It is not uncommon for individuals to experience setbacks along the way, but it is important to remember that these setbacks are normal and part of the healing process. Seeking support from friends, family, or a therapist can be a helpful step in the healing process. Trauma is a complex and far-reaching experience that can have a significant impact on an individual's mental and emotional

well-being. While its effects can be difficult to overcome, there are effective treatments and support available for individuals who are struggling with trauma. It is important to seek help and understand that healing from trauma is a journey that takes time and effort, but with the right support and resources, it is possible to overcome its effects and lead a fulfilling life [3].

Trauma is a widespread problem that affects people of all ages, races, and cultures. According to the World Health Organization (WHO), approximately one in four people in the world will experience some form of trauma in their lifetime. This can include physical trauma, such as from a car accident or physical abuse, or psychological trauma, such as from sexual or emotional abuse. Trauma can have serious and long-lasting effects on a person's mental and physical health. Some common symptoms of trauma include anxiety, depression, nightmares, flashbacks, difficulty sleeping, and irritability. These symptoms can interfere with a person's ability to function in their daily life, leading to problems at work, school, or in personal relationships [4].

One of the key challenges in overcoming trauma is that it can be difficult for individuals to process and come to terms with their experiences. This is because trauma can impact the way that people think, feel, and behave, leading to persistent feelings of fear, guilt, and shame. In order to overcome trauma, individuals must work to process their experiences and learn new coping skills to help them manage their emotions and thoughts. Group therapy and support groups can also be helpful for individuals who are struggling with trauma. These groups provide a safe and supportive environment where individuals can share their experiences and connect with others who have gone through similar experiences. They can also provide valuable information about coping skills and strategies for managing symptoms [5].

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*Correspondence to: Riccardo Giorgino, Department of Orthopedics and Traumatology, University of Milan, Milan, Italy, E-mail: riccardo.giorgino@unimi.it

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