



SIMPLIFIED 12 CORE CONCEPTS



1 Traumatic events are complex. They consist of many moments filled with different sensations, thoughts, emotions, and behaviors.



3 Traumatic events often lead to other life hardships, life changes, and upsetting reminders that can cause distress.



5 Children with trauma histories are often preoccupied and distracted by concerns about danger, being protected, and safety.



7 A child's individual, family, and community strengths can protect against the harmful impacts of trauma and loss.



9 Children's developing brains influence how they react to, and are affected by, traumatic experiences.



11 Trauma exposure can influence how children view society and social institutions, trust or mistrust adults who represent those institutions, judge between right and wrong, and follow their conscience.



2 Trauma occurs within a broad setting that includes children's personal characteristics, their past histories, and their current situations.



4 Children can show a wide range of reactions to trauma and loss.



6 Traumatic experiences affect the child, their family, other child caregivers, and how they relate to one another.



8 Trauma and the hardships that follow can both strongly influence and disrupt children's development.



10 Culture can powerfully influence how children experience and react to traumatic experiences.



12 Working with children exposed to trauma can cause distress in adult caregivers that makes it more difficult for them to provide good care.

Grossman, H. M.; Layne, C. M.; Pynoos, B.; & the Core Curriculum Interactive Learning Group (2019). The Simplified Core Concepts for Understanding Childhood Trauma. Los Angeles, CA, and Durham, NC: UCLA-Duke University National Center for Child Traumatic Stress.

Copyright © 2019 UCLA-Duke University National Center for Child Traumatic Stress, on behalf of Hannah M. Grossman, Christopher M Layne, Robert Pynoos, & the Core Curriculum Interactive Learning Group, and the National Child Traumatic Stress Network. All rights reserved.