Trauma and the Brain

Many victims of human trafficking show symptoms of Post-Traumatic Stress Disorder (PTSD)

According to the American Psychiatric Association, PTSD may be diagnosed in people who have:

- Experienced, witnessed, or been confronted with one or more events that involved real or threatened death or serious injury to the physical integrity of themselves or others
- Responded to these events with intense fear, helplessness, or horror, which may be expressed as disorganized or agitated behavior

How Trauma Impacts the Brain

Can negatively affect person's brain chemistry and nervous system

Can negatively affect young person's brain and nerous system development

Trauma triggers biological responses to stress (flight, fight or freeze) and can cause alterations to a person's stress system. The effect is that the person is constantly in a state of flight, flight or freeze.

Traumatized individuals, including children and adolescents, display changes in the levels of stress hormones similar to those seen in combat veterens.

