



WEEKLY DIGEST N°5

JCS Training Program

Trauma

In Unit 5 you will find answers to questions such as:

- What is trauma?
- What are the symptoms of trauma?
- How do traumatic experiences affect people?
- Is homelessness a traumatic event?



Facts about trauma

About 70 percent of adults experience at least one traumatic event in their lifetime. You can assume that many of the people you meet have trauma histories, and that many have experienced multiple sources of trauma.

Trauma is a disconnecting experience. Peer support offers survivors a way to reconnect.

DID YOU KNOW?

Trauma is the Greek word for "wound". Although the Greeks used the term only for physical injuries, nowadays trauma is just as likely to refer to emotional wounds.



Learn more:

[Webinar Series on Trauma Informed
Peer Support](#)

[Trauma and PTSD in the WHO
World Mental Health Surveys](#)

[Merriam-Webster - dictionary](#)

Trauma Informed peer support:

Peer support counters the effects of trauma and helps trauma survivors make sense of what they are coping and surviving. Peer support sees persons not just “symptoms” of the trauma and creates safer spaces to practice new coping strategies. A peer supporter is an example of that it is possible to recover from traumatic experiences.

Words do matter, and words that describe our identity matter a great deal. Often, simply using the term “survivor” rather than “victim” can make a difference in the way people think and feel about what happened to them and how they envision the future. As a peer supporter, you play an important role in ensuring that people can choose the words they want to use to define and describe their experience and their identity. You can also help other people in the system respect those choices by spreading the importance of the wording we use.