

TRAUMA

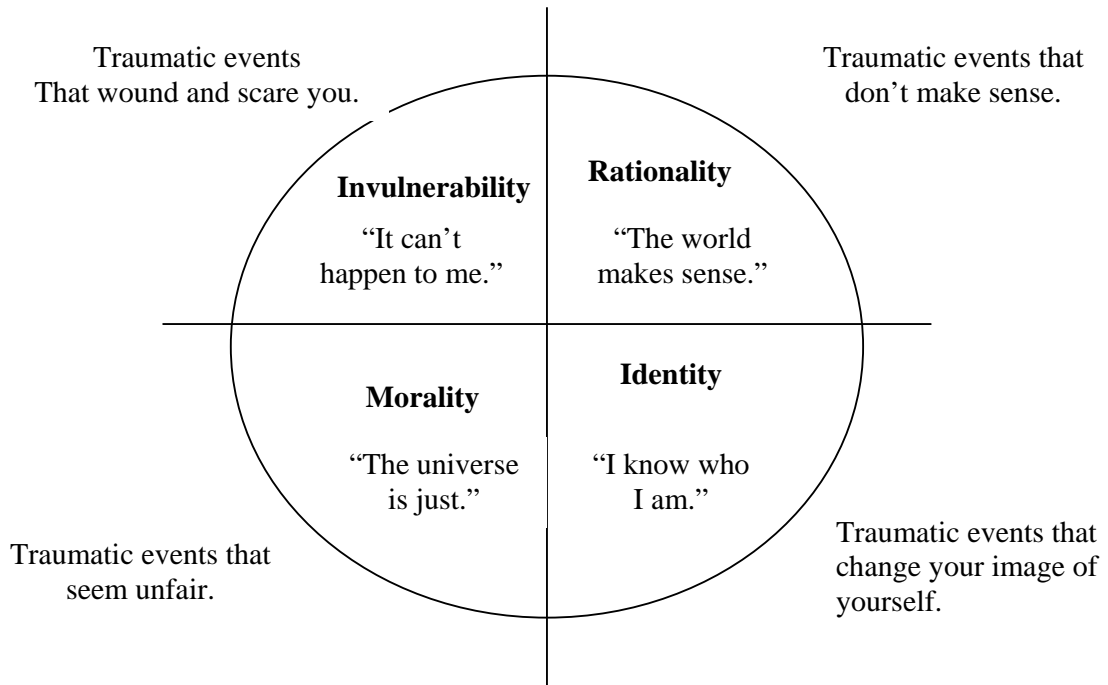
Five Basic Needs Often Disrupted by Trauma

- **Safety**
 - For yourself -** The need to feel that you are reasonably protected from harm inflicted by yourself, by others, or by the environment.
 - For others -** The need to feel that people you value are reasonably protected from harm inflicted by yourself, others or the environment.
- **Trust**
 - In yourself -** The need to rely on your own judgment.
 - In others -** The need to rely on others.
- **Control**
 - Of yourself -** The need to feel in charge of your own actions.
 - With others -** The need to have some influence or impact on others.
- **Esteem**
 - For yourself -** The need to value what you feel, think and believe.
 - For others -** The need to value others.
- **Intimacy**
 - With yourself -** The need to know and accept your own feelings and thoughts.
 - With others -** The need to be known and accepted by others.

Traumatic events often disrupt these basic needs, leaving people in a position where they have to re-evaluate their world. These needs are often exacerbated when children are involved. Adults are often left with extreme helplessness when trying to care for children following traumatic events.

Hicks (1993:17) has created a 'Circle of Assumptions' to represent the way that one's basic beliefs and worldview can be shattered by a traumatic experience. This shattering of assumptions has major impact on a person's ability to cope and perceive their world and future.

Circle of Assumptions



Rosenbloom & Williams “Life After Trauma” 1999, Guildford Press, London