

Types of Trauma

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Insidious trauma: the continuous traumatic influence of living with oppression (Root, 1992). It may include **Cultural victimization** (i.e., the traumatic influence of living in a heterosexist culture) (Balsam, 2002; Neisen, 1993) or **Microaggressions** (i.e., statements, actions, or incidents regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group). This could include things such as misgendering someone, assuming the gender of someone's partner, assuming a client is monogamous, not having representation of LGBTQ folks on your website or in your waiting area.

Single Incident: An unexpected and overwhelming event, such as an accident, natural disaster, a single episode of abuse, sudden loss or witnessing violence. Some 2SLGBTQ+ individuals have been the target of a single incident trauma because of their identity (e.g., hate crimes). Some incidents have a vicarious effect similar to the vicarious trauma of a natural disaster (e.g., HIV/AIDS epidemic, Pulse Nightclub, Toronto's gay village serial killer).

Complex Trauma: Exposure to ongoing, repetitive traumatizing events (e.g., abuse, war). It is often relational and often involves a sense of being trapped emotionally and/or physically. Some 2SLGBTQ+ folks experience repetitive abuse due to their identity. Many 2SLGBTQ+ folks experience oppression on an ongoing, if not daily basis.

Developmental Trauma: Exposure to ongoing/repetitive trauma during a developmentally critical period (e.g., infancy, childhood, adolescence). Examples include neglect, abandonment, physical abuse, sexual abuse, emotional abuse, verbal abuse, and witnessing violence. Oppressive messages regarding gender and sexuality can have a negative impact on development/identity formation for 2SLGBTQ+ folks. Some folks experience various forms of violence during childhood because of their gender or sexual expression or identity.

Historical Trauma: Cumulative wounding emanating from massive group trauma inflicted by a dominant group against a subjugated population. Examples include genocide, colonialism (e.g., Indian hospitals, residential schools), slavery, and war. Two-Spirit and Indigenous LGBTQ+ folks experienced colonial violence to enforce westerns understandings of gender and sexuality. Some 2SLGBTQ+ folks are distrusting of dominant institutions (e.g., psychiatry) because of the knowledge of the historic trauma's perpetuated against 2SLGBTQ+ folks (e.g., Conversion Therapy, homosexuality previously being a psychiatric diagnosis).

Intergenerational Trauma: An aspect of historical trauma. Coping and adaptation patterns developed in response to trauma and passed on from one generation to the next.