

TRAUMATIC STRESS IMPACTS

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Brain
Development



Mood/Emotion
Regulation



Relationships/
Attachment



Behavior/
Dysregulation



School/Work

WHAT IS CONSIDERED A TRAUMA (TRADITIONALLY):



- Physical, sexual, psychological abuse
- Neglect
- Family or community violence
- Sudden loss of a loved one
- Substance use disorder
- Refugee and war experience
- Serious accidents or life-threatening illness
- Military family-related stressors (e.g. deployment)
- Parental Incarceration
- Parental Mental Illness

WHAT WE DO NOT CURRENTLY ASSESS/TREAT:

- Racism and Discrimination
- Police Brutality
- Intergenerational Trauma
- Microaggressions
- Pedagogical/Workplace Trauma

Reconceptualizing

SOCIAL DETERMINANTS OF HEALTH OF HEALTH

PER THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC), SOCIAL DETERMINANTS OF HEALTH "ARE CONDITIONS IN THE PLACES WHERE PEOPLE LIVE, LEARN, WORK, AND PLAY THAT AFFECT A WIDE RANGE OF HEALTH RISKS AND OUTCOMES".



1

HEALTHCARE
ACCESS



2

ECONOMIC
STABILITY



3

EDUCATION
ACCESS



4

FOOD
ACCESS



5

NEIGHBORHOOD
/COMMUNITY

**SOCIAL DETERMINANTS
OF HEALTH =
SYSTEMIC RACISM**



Systemic Racism

**Mental Health Impacts and
Reduced Life Expectancy**