

POTENTIALLY TRAUMATIC EVENTS

For the General Population

Source: Everstine, 1993

Psychological trauma occurs in the wake of an unexpected event that a person has experienced intimately and forcefully. For professionals who are normally dealing with trauma, this occurs when the incident they attend is unusually gripping, graphic or dangerous. For the general public the source of the stress is broader. Here are some examples:

NATURAL DISASTER:	Earthquake, flood, fire, landslide, volcanic eruption, tornado, hurricane.
PHYSICAL ASSAULT:	Being mugged, being beaten or battered, being kidnapped or held hostage.
SEXUAL ASSAULT:	Rape, molestation.
PROPERTY LOSS:	Burglary, theft, robbery.
PHYSICAL LOSS:	Severe illness, accidental injury, self-inflicted injury, unplanned pregnancy.
VIOLENT AGENCY:	Causing death willfully (as in war), causing death accidentally, causing injury accidentally.
LOSS BY DEATH:	Death of a spouse, death of child, death of parent, death of close friend, death of close relative, death of colleague at work, death of beloved pet.
LOSS OF RELATIONSHIP:	End of love relationship, end of close friendship.
BEARING WITNESS TO TRAGEDY:	Seeing a loved one or friend killed, seeing a loved one or friend seriously injured.
PORTENT OF DANGER:	Being threatened with bodily harm, being the target of a credible death threat.
THREATENED LOSS:	Learning that a loved one or friend is terminally ill, disappearance of a family member.
LOSS OF STATUS:	Being fired, being demoted, being refuse promotion, bankruptcy, public humiliation.