

## Grief

Generalized reaction is SADNESS  
Grief reactions stand alone

Grief reactions are known to most  
Professionals and lay people

In grief talking can be a real relief

In grief, pain is the acknowledgement  
of great loss

In grief, anger is generally nonviolent

In grief, guilt says, "I wish that I  
would have or would have not..."

Grief does not generally attack or  
disfigure our self-image and confidence

In grief, dreams tend to be of the deceased

Grief does not generally involve trauma

Grief is healed through emotional release

Grief reactions diminish over time

*Trauma through a Child's Eyes, Kline, Maggie, Levine, Peter, 2015*

## Trauma

Generalized reaction is TERROR  
Trauma usually includes grief reactions

Trauma reactions, especially in  
children and those suffering from  
developmental, intergenerational,  
and chronic or complex PTSD are not  
well known and understood by the  
public and to many professionals

In trauma, talking can be difficult or  
even impossible

In trauma, pain triggers terror, and  
a sense of loss, of overwhelming  
helplessness and **a loss of a sense  
of safety**

**In trauma, anger often becomes  
violent to others or to self  
(substance, spousal, or child abuse)**

In trauma, guilt says "It was my  
fault; I could have prevented it..."  
"It should have been me instead."

Trauma generally disfigures, attacks  
our self-image and confidence

In trauma, dreams are about self  
as the potential victim with night-  
marish images

Trauma involves grief reactions in  
to specific reactions such as flash-  
backs, startle, hypervigilance,  
numbing, etc.

Trauma is released through  
physical discharge and self  
regulation

Trauma symptoms **may** worsen  
developing into PTSD/poor health