

Psychological Trauma

Kathleen Fedric*

Department of Psychology, Mount Sinai Hospital, California: USA

Description

According to the American Psychological Association (APA), trauma is “an emotional response to a terrible event like an accident, rape, or natural disaster”. However, a person may experience trauma as a response to any event they find physically or emotionally threatening or harmful.

A traumatized person can feel a range of emotions both immediately after the event and in the long term. They may feel overwhelmed, helpless, shocked, or have difficulty processing their experiences. Trauma can also cause physical symptoms.

Trauma can have long-term effects on the person's well-being. If symptoms persist and do not decrease in severity, it can indicate that the trauma has developed into a mental health disorder called post-traumatic stress disorder (PTSD).

There are several types of trauma, including:

- **Acute trauma:** This results from a single stressful or dangerous event.
- **Chronic trauma:** This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, or domestic violence.
- **Complex trauma:** This results from exposure to multiple traumatic events.

Secondary trauma, or vicarious trauma, is another form of trauma. With this form of trauma, a person develops trauma symptoms from close contact with someone who has experienced a traumatic event.

Family members, mental health professionals, and others who care for those who have experienced a traumatic event are at risk of vicarious trauma. The symptoms often mirror those of PTSD.

Muscular injury doctors are interesting a result of the information they have about the life structures of the human body, while other muscular experts may zero in on one explicit territory. Muscular injury doctors have gotten preparing in the field of muscular medical procedure with a particular spotlight on the therapy of broke bones and realigning joints, to advance the protected recuperation and return of usefulness to harmed body parts. In this manner, these injury specialists frequently treat patients with various broken bones and breaks almost a joint, similar to a hip, knee, or shoulder. Muscular injury care covers the range of straightforward breaks to

extreme dangerous mishaps with various broken bones. While numerous cracks and wounds can be treated by broad muscular specialists, some can profit by break subject matter experts. More huge wounds with numerous wrecked bones, compound breaks and joint cracks, are more hard to treat, and will profit the most from accepting specific consideration. At Orthopedic Associates we have the remarkable mastery and preparing to treat these horrible muscular wounds. These injury wounds include:

- Breaks (Joints and bones)
- Delicacy breaks from osteoporosis or metabolic bone illness
- Disengagements
- Removals
- Nonunion and malunion (issues with mending and recuperating with helpless arrangement)

Normal Problems Seen by Orthopedic Trauma Specialists muscular

Injury experts treat breaks in almost any bone in the human body. This incorporates breaks of the hip, tibia, femur, humerus (upper arm bone), elbow, pelvis, clavicle (collarbone) and lower arm. From hairline cracks to finish breaks in the bone, injury experts can suggest the medicines that will bring about the most ideal results.

- Regular methods performed by our muscular injury specialists incorporate the accompanying:
- Negligibly obtrusive medical procedure for broken bones
- Appendage stretching
- A medical procedure on the pelvis and hip bone socket (hip)
- Bone transplantation
- Joint transplantation
- Bone unions
- Treatment of nonunion breaks
- Delicate tissue remaking
- Osteomyelitis treatment

Prior to suggesting one of these strategies, your specialist will probably perform X-beams or other imaging to get a total image of the issue. This aides control treatment arranging.

*Corresponding author: Kathleen Fedric, Department of Psychology, Mount Sinai Hospital, California, USA, E-mail: Kathfed@amad.qa

Received date: March 07, 2021; Accepted date: March 17, 2021; Published date: March 24, 2021

Copyright: © 2021 Fedric K, This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

How to cite this article: Fedric Kathleen. "PsychologicalTrauma."
J Trauma Treat 10 (2021) : e001