

Glossary

Trauma-informed Care Competencies for Undergraduate Medical Education

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Adversity: Serious or continued difficulty; a negative experience. Often used interchangeably with the term Trauma. (<https://www.merriam-webster.com/dictionary/adversity>)

Burnout: Depletion of physical or emotional strength or motivation, resulting from prolonged work-related stress. (<https://www.merriam-webster.com/dictionary/burnout>)

Compassion Fatigue: A secondary traumatic stress response resulting from absorption of trauma and emotional stresses of others. Symptoms may mimic PTSD or burnout. (<http://transitionalsupport.com.au/transitional-phase/compassion-fatigue-trauma/>)

Containment: Act of receiving or holding another's emotions. May function to alleviate anxiety and facilitate processing of emotions. (<https://dictionary.apa.org/containment>)

Implicit Bias: Unfair feeling or dislike of a person or group, often not consciously recognized. (<https://www.merriam-webster.com/dictionary/implicit%20bias>)

Moral Injury: Distress resulting from perpetrating, failing to prevent, or witnessing an event that contradicts one's own moral beliefs. (https://www.ptsd.va.gov/professional/treat/cooccurring/moral_injury.asp)

Positive and Adverse Childhood Events: Experiences or aspects of one's environment during childhood (age 0-17 years) that reinforce (positive) or undermine (adverse) one's sense of safety, stability, and bonding, with lifelong effects on physical and mental health. (<https://www.cdc.gov/violenceprevention/aces/fastfact.html>)

Post-Traumatic Stress Disorder (PTSD): a condition that develops in some people who have experienced a shocking, scary, or dangerous event resulting from prolonged activation of a typical brain-body reaction meant to protect a person from harm. (<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>)

Regulation: Biological and emotional processes to adapt to change while maintaining a stable internal environment. Emotional Regulation involves the intensity with which emotions are felt, experienced, and expressed. Neurophysiologic regulation occurs through the autonomic nervous system. (<https://www.eti.training/post/experiential-self-regulation-in-trauma-therapy>; <https://www.biologyonline.com/dictionary/regulation>)

Resilience: Ability to recover from or adjust to misfortune or change. (<https://www.merriam-webster.com/dictionary/resilience>)

Secondary Trauma: Acute emotional and psychological duress resulting from exposure to the details of another's traumatic experience (e.g., hearing someone recount a traumatic experience). Symptoms may mimic PTSD. (<https://www.thelookout.org.au/family-violence-workers/self-care-family-violence-workers/vicarious-trauma-burnout>)

Strengths-Based Language: Choice of terms to describe a person which emphasizes the individual's dignity, unique qualities and strengths rather than focusing on their deficits or illness. (<https://practicetransformation.umn.edu/clinical-tools/person-centered-language/>)

Structural Trauma: Emotional damage from inequity enforced through public policies, institutional practices, cultural images, and behaviors which are built into the structure of the culture, and which reinforce social inequity. (<https://www.complexttrauma.org/glossary/structural-violence/>)

Trauma: Events or circumstances experienced as physically or emotionally harmful or threatening that have lasting adverse effects on the individual's functioning and well-being. (<https://www.samhsa.gov/trauma-violence>)

Trauma-Informed Care: Care which acknowledges that understanding a person's life experiences and partnering with the person in the treatment process is key to quality care and improving health outcomes. (<https://www.chcs.org/project/advancing-trauma-informed-care/>)

Traumatic Stress Response: A range of responses along a continuum following exposure to a trigger. A person may experience a fight-flight-freeze response physical, emotional and cognitive symptoms. These symptoms are from activation of the autonomic nervous system. (National Center for PTSD, https://www.ptsd.va.gov/gethelp/coping_stress_reactions.asp)

Universal Trauma Precautions: Shaping policy, practice and organizational culture around the expectation that trauma is common in the lives of individuals being served and all who work for the organization. (https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)

Vicarious Trauma: Cumulative psychological and emotional effects of repeated exposure to other people's trauma over time. (<https://www.thelookout.org.au/family-violence-workers/self-care-family-violence-workers/vicarious-trauma-burnout>)

Window of Tolerance: The optimal arousal zone between hypo-arousal (parasympathetic immobilization) and hyper-arousal (sympathetic "fight or flight" response) within which a person can function and process stimuli most effectively. (<http://www.crowe-associates.co.uk/psychotherapy/window-of-tolerance/>)

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