

Social gets away
from the thought that
the



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Social Support and Secondary Wounding Social support is very important in secondary wounding. Because, as we mentioned, secondary wounding can be caused by factors such as criticism of the symptoms or reactions of the person who has suffered trauma, blaming the victim and showing no familial or friendly support.

The individual, who is been exposed to secondary wounding, may feel uncomfortable and feel obliged to isolate him/herself from his/her surroundings. For example, a traumatic person may quit his/her work as a result of his/her friends' negative attitudes in workplace. Acting like this to traumatized people can increase the severity of their traumas. In such situations, social support is very important. Social support aims to protect the person from secondary trauma. For example, a woman who has been raped can blame herself.

Thoughts like " It was my mistake", " I wore a short skirt", " I was the cause" can pass through the victim's mind. Such thoughts and self-recrimination may lead to secondary traumas. But social support helps prevent such secondary traumas. Another example is that someone who has been abused may think that the world is a very dangerous place, so he/she may refuse to leave the house for this reason. In this regard, social support important for rape seen as like general hazard and it can be seen as a rare event. So the individual gets away from the thought that the world is only a danger and the individual gains awareness that the world sometimes has bad things and sometimes good things. Apart from these, sometimes there are some events occurring and causing social trauma. For example, natural disasters.

In such events, social support of the state is very important. If the speed, quality, competence of this aid is good, the severity of the trauma will decrease in this measure. Setting up aid tents, the distribution of food, the distribution of blanket, providing psychological support and health equipment may be an example of the social support that the state has made in these situations. Social support creates a supportive environment for individuals after trauma, and the presence of this supportive environment provides people to reduce the severity of trauma to a minimum level. Social support allows traumatized individual to feel loved and valued. In this way, this prevents the traumatic person from seeing herself as worthless and helps to hold on to life.

4. Family Support Trauma damages the family system. Family members can create a psychologically harmful and bad environment for the victim. Family support is very important, because if the support can not be seen from the family, secondary wounding occurs. For instance, rape accusation instead of support forms the basis of secondary wounding. The victim first waits for support from the close family members or close friend. However, if these people are not supportive, the point of view of the victim against the environment changes.

Though it has been a long time since the event, the victim remembers the event like yesterday. And because she or he can not digest this event, he or she is alienated from the society. The cause of alienation against the society; is trying to protect the self.

This alienation results in a variety of emotions. But the most dominant emotions are; anger, shame and guilt. Alienation occurs when the person feels angry after the trauma against at not only his/her self but also at his/her family and other people. This anger causes the person to move away from the people.

Communication and sharing are decreased. One becomes increasingly lonely as a result of this departure and becomes unable to speak to anyone. Failure to share something with others, giving up on finding a solution will prolong the recovery process of the trailer / injury. Insecurity arises when the victim experiences a problem of trust because she/he can not see the support from the close family member or close friend, whom she/he trusts in this process. She is prejudiced about trusting a new person because she has experienced this problem.

Trust is a sensitive issue for the victim. Prolonged recovery time is also important. When the family behaves more supporting, recovery process will be shorter.