

Intro to trauma studies

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Introduction Those who suffer for traumatic or disasters end up having trauma that they have to deal with in their lives. This affects them both psychological and socially. However, there are ways such people can be helped to cope with their situation. Disasters occur in different ways. The following paper examines three different acts that can result in traumatic situations.

Terrorism Terrorism has occurred throughout history. However, these days the world is experiencing a global renewal of attacks. Terrorism no longer affects a particular society or country as before, it is now unleashed on any part of the world targeting innocent victims. Throughout the world terrorism has continued to be a leading menace due to its effects on society (Kennard, 1998). The deadly acts of terrorism that are increasing by each day have necessitated government to collaborate with each other in fighting terrorists in an effort to curb terrorism. Terrorist activities and effects These violent activities are normally carried out by radical groups or persons who are either partly or officially working with these groups. Besides creating panic terrorists also endeavor to weaken governments and the political leadership of the intended country. Therefore, terrorism is premeditated to have psychological effects that extend farther beyond the brunt on the immediate sufferers of an attack. Terrorists activities are aim at scaring a larger crowd, a whole country and its political control, a rival ethnic or religious group, or the whole international community. Terrorist gangs usually have few members, limited armaments, and other facilities (Haigh, 1999). Because of this they always depend on intense bloody and destructive acts of hit-and-run brutality so as to attract attention.

Flooding Flood is overflow of the massive quantity of water onto the usually dry land surface. This happens when the spilling over water plunge land and therefore

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resulting to deluge (Kennard, 1998). This experience is normally violent, cruel and devastating to human life economically and socially. Effects Experiences of floods are always deadly, damaging and upsetting. This is its destructiveness to human life, damaging of crops and houses, and therefore resulting to extensive annihilation. Types of floods Natural floods and catastrophic floods are the two classes of floods. Natural floods are the type of floods that result from natural causes like overflow of massive volume water, from lakes, oceans, rivers, or by heavy downpours or rains, cyclones, tsunamis, or hurricanes among others. Natural floods might be coastal floods-resulting from cyclones, estuarine floods-resulting from sea tidal surges and storm-force winds Riverine floods – caused by rivers; or Coastal floods – caused by cyclones, tsunamis and hurricanes. These natural floods are the most common types that have been witnessed. Catastrophic floods are kinds of floods that are triggered by some significant and unprecedented events for example water dam breakages (Kennard, 1998). Heavy downpours are one of the significant contributors of floods. The level of water in lakes or rivers rises as a result of heavy rainfalls. When the intensity of water has risen above the dams or river banks, the water starts to spill over therefore resulting to floods. This spillover water flows to the regions adjacent to the lakes, rivers or dams, causing deluge or floods. The overflow water brings destruction and great havoc in the places where it flows. These kinds of floods do occur mostly in the areas that receive heavy rainfalls. Other causes of floods are due to heavy snow melting. Rising of global temperature due to global warming is also a contributing factor to floods. This rising temperature causes the snow caps to dissolve faster. Since continuous and fast melting snow increases the intensity of oceanic water, it

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consequently heightens the level of water in rivers. In addition, when the intensity of water in rivers rises beyond the river banks, it eventually results to floods. Biological weapon With the current technological development, an enemy might complete a Biological Weapon attack before a medical officer or even any other weapon expert would know that anything has happened (Weisaeth, 1989). Massive numbers of victims would steadily be rising within a shorter time than it would be doing in a situation of natural epidemic.

There could be a bigger number of deteriorating cases of few recognizable traits and symptoms. Symptoms of multiple ailments might occur simultaneously. Bacteria-borne diseases might appear without outbreaks in animals. Most agents would be exposed in aerosol cloud; many patients would suffer from pulmonary diseases resulting from causer that don't usually cause pulmonary disease like anthrax staphylococcal and plaques among others (Kennard, 1998). Conclusion In conclusion there are several situations that lead to psychological and social trauma to victims and their families. As seen above, these may include, terrorist attacks, floods, and biological weapon attacks. When such disasters happen, the important thing is to know how best the victims can be helping to cope with the aftermaths and heal the wounds and losses they suffered. Haigh, R (1999): The quintessence of a therapeutic environment: Five universal qualities, in *Therapeutic Communities: Past, Present and Future*: London, Jessica Kingsley Publishers. Kennard, D., (1998): *An Introduction to Therapeutic Communities*: London, Jessica Kingsley Publishers. Weisaeth, L. (1989): The stressors and the post-traumatic stress syndrome after an industrial disaster. *Act Psychiatrica Scandinavica, Supplementum,*