

“No one should have
to grieve alone.”

-William Wendt

WENDT CENTER FOR LOSS AND HEALING

Traumatic Loss

TRAUMA is the result of an event.

This event is referred to as a TRAUMATIC EVENT.

The characteristics of a TRAUMATIC EVENT included:

- The event provides a picture that begins to take on an emotional life of its own.
- The event is sudden or unexpected (in its timing).
- The event is forceful or violent.
- The event is perceived as being overwhelming or uncontrollable.
- The event creates a profound psychological impact:
 - Feelings of helplessness, loss of safety, or loss of control develop.
 - Re-experiencing, Avoidance and Hyper-arousal behaviors, reactions and symptoms occur.
 - If unresolved, may lead to Post Traumatic Syndromes.

**In grief, the pain is related to the loss –
in trauma, pain is related to the terror
of the event.**