



ECU

COLLEGE OF HEALTH & HUMAN PERFORMANCE

RESILIENT PIRATE NATION

OCTOBER 2021

WHAT IS TRAUMA AND RESILIENCE?

"trauma is a fact of life but it does not need to be a life sentence."

Peter Levine, PhD
Founder of Somatic Experiencing

Trauma can be an adverse physical, emotional, psychological, social and/or spiritual outcome or series of outcomes related to a traumatic event, events over time or environments. While there are many definitions, this broad brush acknowledges the varying impact on the entire person, the person's relationships, environment, occupation and social interactions.

Incidences of "trauma" are experienced by nearly 70% of the public. While only 20% of those who have experienced traumatic event/s will go on to develop the clinical definition of Post-traumatic Stress Disorder (PTSD) and some will not experience any noticeable distress afterwards, trauma can be cumulative and impact us in ways that we may not always know. Outcomes could be social, where someone might not trust certain social interactions, or other people--or could impact important relationships. There could also be physical impacts over time, due to the stress on the body & brain. Spiritual impacts can also occur, of feeling spiritually wounded. Neurological, psychological, behavioral and emotional impacts, such as depression, anxiety, substance use, brain fog, hyper-perfectionism or other impacts can occur.

Our bodies and brains also have natural resilience to protect us from the impact of trauma. Resilience can be occurring within a person, a family, workplace or community and can include being able to return back to a state of calm quickly. There are many ways to build more resilience or ability to "bounce back" after a traumatic event. Check out some of the resources and events on this page to find out!

If you are a staff or faculty member who has read something in here that has inspired you to seek additional support, the

ECU Faculty and Staff Assistance Program

is a free program for ECU employees external to ECU that can include therapy or other resources to help you and your immediate family.

BUILDING RESILIENCE AND COURAGE TO EXCEL (BRACE)

BRACE was formed in 2018 as a community response to address adverse childhood experiences (ACEs) and trauma in Pitt County. BRACE operates as a collaborative referral network to reduce ACEs and trauma in Pitt County and increase resilience in community members. BRACE includes members of law enforcement, social services agencies, mental health practices, childcare providers, the health department, physicians' offices and university researchers. Many organizations in BRACE hold trainings related to trauma and resilience open to all community members. These events will be highlighted, or you can visit BRACE's website (www.BRACEinPitt.com) for a community calendar.



TO LEARN MORE...

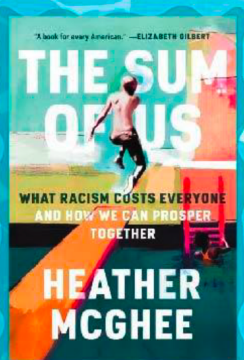
[Nadine Burke-Harris Ted Talk discussing Adverse Childhood Experiences \(ACEs\)](#)

[Trauma Basics](#)

[What is Resilience?](#)

UPCOMING EVENTS

Chew and Chat (no shame book group)



Join us for a virtual discussion of *The Sum of Us* led by Gladie Hamilton.

October 15 & 22
from 12:00 p.m. - 1:00 p.m.

Email glossonk15@ecu.edu with any questions or for the zoom link.

All are welcome!

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Reconnect FOR Resilience™ Two-day Training

WHEN
Wed., Nov. 17 & Thurs., Nov. 18
8:30 a.m. - 4:30 p.m.

WHERE
Remotely: Webinar link will be emailed one day prior to training.

Participants need access to a webcam and microphone.

REGISTRATION
This training is being offered for free to anyone who lives or works in Pitt County.

Click on think link to register:
[Reconnect for Resilience \(Two-day training\)](#)

For questions email glossonk15@ecu.edu.

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Brought to you by the
Reconnect Educators of Pitt County