



“Trauma”

Trauma is something that causes physical, emotional, spiritual, or psychological harm.

Trauma occurs when a distressing event causes feelings of being emotionally overwhelmed. It is important to remember that trauma is a unique experience for each person.

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“Trauma”



These are some examples of potentially traumatic events:

- Efforts in the preservation of life are unfruitful.
- Being first on the scene.
- Experiencing workplace violence.
- Providing care to someone who resembles family members or friends.
- Responding to the scene, but not as the first on the scene.

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Source:

Public Safety Personnel’s Interpretations of Potentially Traumatic Events.

“It Is Difficult to Always be an Antagonist”: Ethical, Professional, and Moral Dilemmas as Potentially Psychologically Traumatic Events Among Nurses in Canada.

“Trauma”



Severe trauma can be challenging, but there are resources designed to help:

- **Educate yourself:** Healthcare Salute provides learning material that can help you describe upsetting and confusing feelings.
- **Access peer support:** Beyond Silence, Boots On the Ground, and PeerOnCall can provide anonymous peer support.
- **Get one-on-one help:** Treatment 101 for Public Safety Personnel guides participants through the process of choosing and accessing a therapist.

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Glossary of Terms

Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

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Collaborators

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Canadian Institute for
Pandemic Health
Education and Response

CIPHER



ICEISP

Institut canadien
d'éducation et d'intervention
en santé en cas de pandémie

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