

UNDERSTANDING TRAUMA AS A COMMON ROOT CAUSE OF ADDICTION

Trauma is an event or series of circumstances that has lasting effects on one's mental, emotional, physical, social, and spiritual well-being

TRAUMA CAN STEM FROM:

- Intergenerational trauma
- Historical trauma
- Adult trauma
- Childhood trauma

People with trauma need to feel safe and establish trusting relationships



Where there is trauma, there is resilience!

How does this lead to substance use?

Using drugs or alcohol changes the perception of pain- this includes the numbing of physical pain, emotional pain and mental anguish. People with untreated trauma sometimes self-treat their pain with substance use.