

Some Differences Between Grief and Trauma

Grief

Generalized reaction...**SADNESS**

Grief reactions can stand alone

Grief reactions are generally known to the public and the professional

In grief, most can generally talk about what happened

In grief, pain is an acknowledgment of the loss

In grief, anger is generally non destructive and non-assultive

Grief generally does not attack nor "disfigure" or identity

In grief, guilt says, "I wish I would/ would not have..."

In grief dreams tend to be of the deceased

Grief generally does not involve trauma like flashbacks, startle reactions, hypervigilance, numbing, etc.

Trauma

Generalized reaction...**TERROR**

Trauma reactions generally include grief reactions

Trauma reactions especially in children are largely unknown to the public and often professionals

In trauma, most often we do not want and cannot talk about what happened

In trauma, pain triggers tremendous terror and an overwhelming sense of powerlessness and loss of safety

In trauma, anger often becomes assaultive even after non-violent trauma

Trauma generally attacks distorts and "disfigure" our identity

Trauma guilt says, "It was my fault. I could have prevented it"

In trauma, dreams are about self as a potential victim

Trauma involves grief reactions in addition to trauma specific reactions we have described

A PERSON CANNOT GO THROUGH GRIEF UNTIL THEY'VE DEALT WITH THE

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TRAUMA.