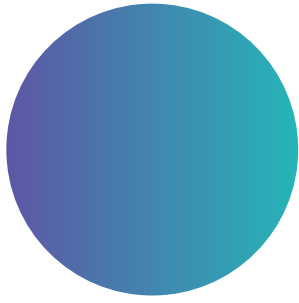
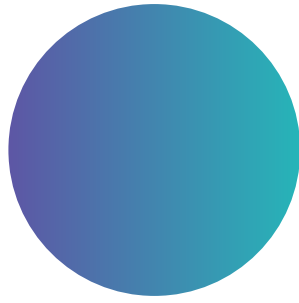


# A guide to key terms and concepts

- **Trauma** refers to the significant, harmful impacts of exposure to actual or threatened death, serious injury, child maltreatment and adult experiences of physical, emotional or sexual violence.
- **Intergenerational trauma** refers to effects of traumatic experiences during childhood and adulthood being transmitted to subsequent generations. This can occur at the individual level but also across generations for families and communities.
- **Collective trauma** refers to far-reaching social and psychological trajectories, in which the consequences of widespread violence are aligned with the fragmentation and deterioration of social norms, cultural practices and values of entire communities and nations.
- **Family violence** is used to refer to all types of violence occurring between family members, including child maltreatment, intimate partner violence, and abuse of older persons.
- **Intimate partner violence** refers to any behaviour by a partner or ex-partner that causes or can cause psychological, physical or sexual harm to those in that relationship.
- **Lateral violence** is a term used to describe the way people in positions of powerlessness, covertly or overtly direct violence inward towards each other, toward themselves, and toward those less powerful than themselves.
- **Complex trauma** is used to describe the wide-ranging and often long-term impacts of exposure to **sustained, repeated or multiple forms of trauma**, including childhood maltreatment, sexual violence, and intimate partner violence and torture.



- **Complex Post-traumatic Stress Disorder (Complex PTSD)** is a **diagnostic construct** used to describe a distinct diagnosis/symptom presentation that includes the three Posttraumatic Stress Disorder criterion of:
  - i. re-experiencing of the trauma,
  - ii. avoidance of trauma reminders, and
  - iii. heightened sense of threat, and three disturbances of self-organisation criterion, which includes:
    - i. emotional dysregulation,
    - ii. interpersonal difficulties, and
    - iii. negative self-concept.
- **Trauma-informed approaches** are grounded in principles of personal and cultural safety, justice and dignity. Services implementing trauma-informed approaches provide a safe environment for people impacted by trauma, integrate knowledge about trauma into their policies and procedures and organisational culture, and promote strengths-based healing and recovery.
- **Healing from trauma** refers to holistic processes responding to mental, physical, emotional and spiritual needs. Processes of healing can enable people to address distress, resolve or 'overcome' trauma, restore wellbeing and facilitate growth. Healing can occur at a community, family and/or individual level, throughout a person's lifetime and across generations. There are many approaches to healing at individual, family and community levels that vary across cultures. For Aboriginal and Torres Strait Islander people, healing involves connections to culture, family and land.



- **Recovery from trauma** can have a wide range of meanings, often overlapping with healing processes. Broadly, it often involves re-establishing safety, security and stability, in addition to recovery from mental health difficulties.
- **Resilience** is the process of drawing on internal and external resources to adapt or recover from potentially traumatic events, including childhood maltreatment, family violence and other human rights violations.
- **Social and Emotional Wellbeing (SEWB)** is a term used by many Aboriginal and Torres Strait Islander people to reflect a holistic view of health that considers mental wellbeing and mental health disorders as inextricably linked to the social, emotional, physical, cultural and spiritual dimensions of wellbeing. The social and emotional wellbeing of individuals, families and communities are shaped by connections to body, mind and emotions, family and kinship, community, culture, land and spirituality, and importantly, that these connections are influenced by broader level social, political, historical and cultural determinants.

**Note:** This is a summary of key concepts and terms relevant to the work of the Stronger Futures CRE. It is intended as a guide to the use of these terms recognising that there are differences in the way these terms are conceptualised and used by partners within the CRE.