

Parent/Caregiver Trauma: What Does it Mean to Me?

Trauma is a complex subject with many layers. If you search for a definition, you will find there are many types of trauma, as well as many facets to each type.

For the Parent/Caregiver of a child with a complex mental health condition or disability, the challenges associated with their trauma are not always obvious, practical, or easy to explain.

Sometimes Parents/Caregivers don't even realize their situation is traumatic and they unknowingly suffer in silence. Their feelings are never acknowledged or validated and therefore never dealt with or processed.

The Caregiver and Secondhand Trauma (CAST) Program defines Parent/Caregiver and Secondhand Trauma in the world of neurodiversity as suffering anguish from a deeply distressing experience that includes the realities of loving and caring for a child or loved one who struggles with their mental or physical health in any way.

Characteristics of CAST:

- Repeated overwhelming, stressful events as the cycle of trauma/grief is repeated every single day
- Never-ending anxiety that comes from having a child with a chronic condition
- Etc.

Do you have Caregiver Burnout?
(link to quiz)

www.wherelyoulivematters.org/resources/con-caregiver-burnout-quiz