

Developmental Impacts of Trauma, based on NIMH 2001, and Center for Early Childhood Mental Health Consultation

<http://ecmh.c.org/tutorials/trauma/index.html>

Attachment	Physical	Affect Regulation
<ul style="list-style-type: none"> • Difficulty trusting others • Uncertain about the reliability or predictability of others • Interpersonal difficulty • Social isolation • Difficulty seeking help • Clingy, difficulty with separations 	<ul style="list-style-type: none"> • Sensorimotor development problems • Hypersensitivity to physical contact • Somatization • Increased medical problems • Problems with coordination and balance 	<ul style="list-style-type: none"> • Problems with emotional regulation • Easily upset and/or difficulty calming • Difficulty describing emotions and internal experiences • Difficulty knowing and describing internal states • Problems with communicating needs
Behavioral Control	Cognition	Self-Concept
<ul style="list-style-type: none"> • Poor impulse control • Self-destructive behavior • Aggressive behavior • Oppositional behavior • Excessive compliance • Sleep disturbance • Eating disorders • Reenactment of traumatic event/past • Pathological self-soothing practices 	<ul style="list-style-type: none"> • Difficulty paying attention • Lack of sustained curiosity • Problems processing information • Problems focusing on/completing tasks • Difficulty planning and anticipating consequences • Learning difficulties, developmental delays • Problems with language development 	<ul style="list-style-type: none"> • Lack of continuous/predictable sense of self • Poor sense of separateness • Disturbance of body image • Low self-esteem • Shame and guilt