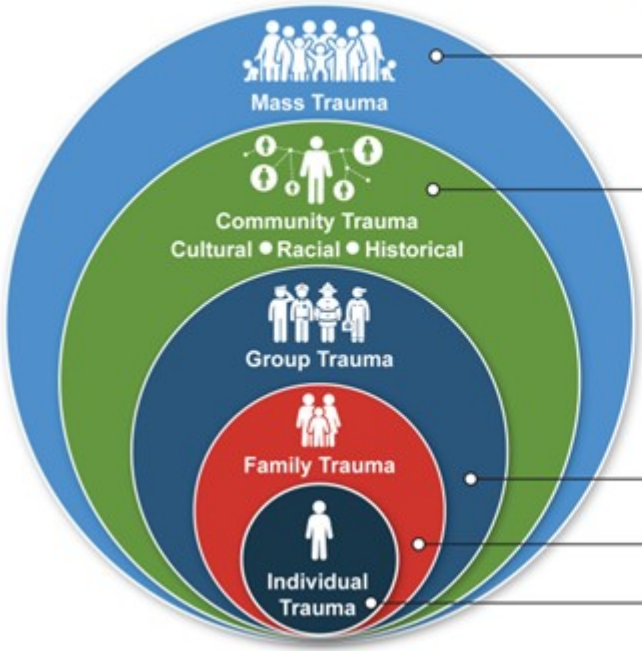
Levels of Trauma Experience



Mass Trauma (Affects large numbers of people)

Community Trauma (Impacts a few people but has structural or social traumatic consequences).

- **Cultural Trauma** – Type of community trauma that occurs when a group that shares a culture or identity experiences an event that causes lasting effects on group consciousness.
- **Racial Trauma** – A reaction or response to racial discrimination, which is the direct experience of conflict, hatred, injury, or threatened harm to an individual based on their race.
- **Historical Trauma (Generational Trauma)** – Widespread trauma that affects an entire culture and influences generations of the culture beyond those who experience it directly.

Group Trauma (Affects a particular group, e.g., military service members, first responders, LGBTQI+ community)

Family Trauma (Affects multiple members within a family)

Individual Trauma (Affects one person)