

## Personal Goal for the Workshop

### Instructions:

1. Type in a statement below about what you wish to get out of the classroom training. (1-3 sentences)
2. Print
3. Bring your statement to the workshop.

My personal goal for this training is to be able to

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# Personal Goal for the Workshop (continued)

## Definition of Terms

### **Stress**

An event that disturbs the equilibrium of a person in such a way as actually or potentially to shorten the person's lifespan (Figley, 1998).

### **Individual Trauma**

Results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or threatening and that has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being. (SAMHSA, 2013).

Three components are necessary to meet the criteria of trauma, sometimes referred to as the Three E's: Event, Experience, and Effects.

### **Traumatic Stress**

The result of an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or threatening and that has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being to the extent that it could actually or potentially shorten the person's lifespan.

### **Primary Traumatic Stress**

An experienced event outside the range of usual human experiences that would be markedly distressing to almost anyone; an event such as a serious threat to one's self or sudden destruction to one's environment. (Figley, C.R., 1995).

### **Secondary Traumatic Stress**

Natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other—the stress resulting from helping or wanting to help a traumatized or suffering person (Figley, 2002).