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## What Affects Does Childhood Trauma Have in Adulthood

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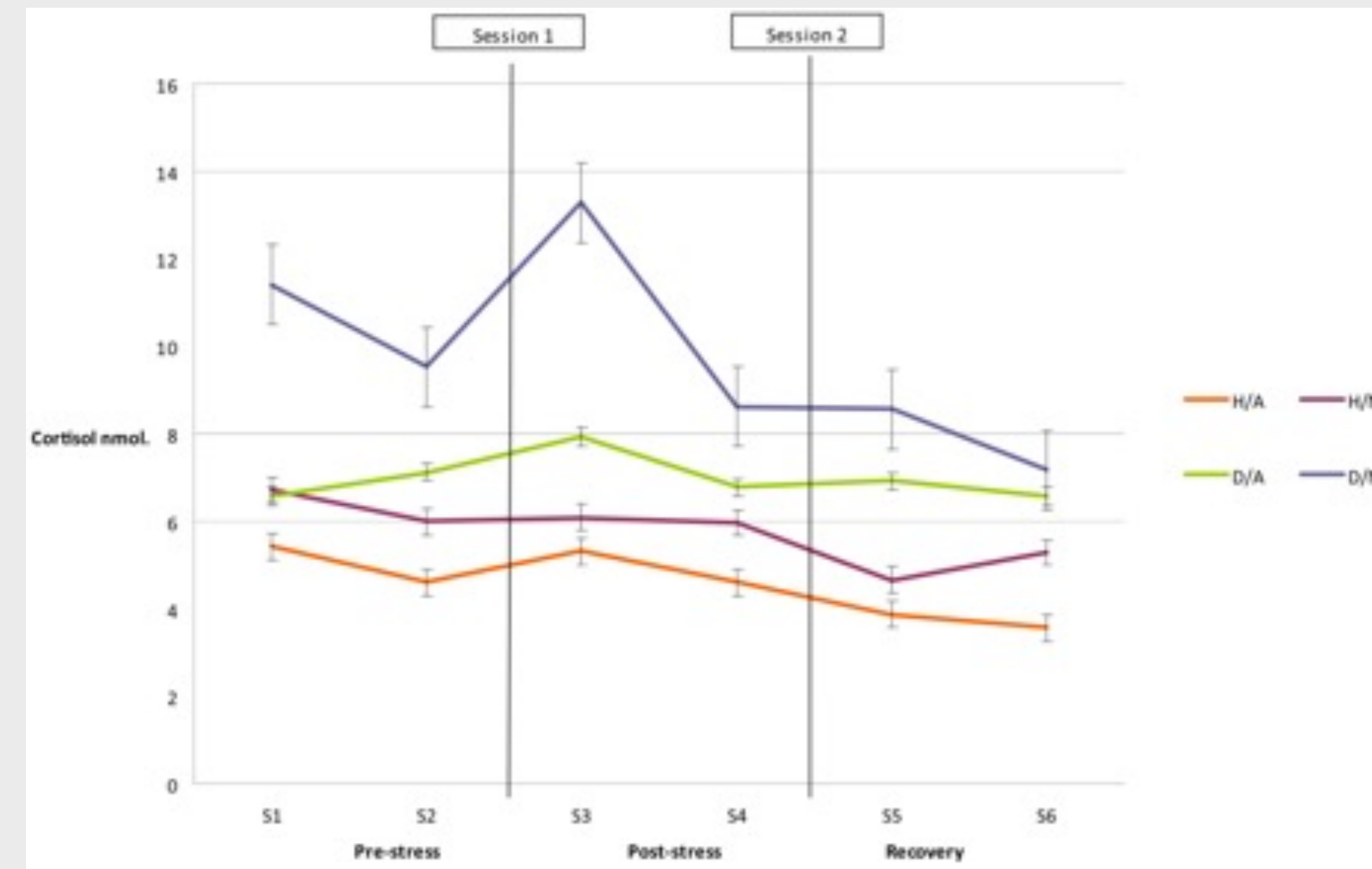
# What Affects Does Childhood Trauma Have In Adulthood

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## Abstract

In a national sample of adolescents, those who were physically and sexually abused, or witnessed violence had increased risk for current substance use disorders and PTSD .” (C. Zlotnick te al./ Comprehensive Psychiatry 49, (2008), p.163). Through research it is evident that trauma affects children's cognitive growth into adulthood. It is imperative to break the cycle of childhood trauma that impacts adulthood to refrain the trauma from having ongoing generational affects. Individuals who experience this trauma can get the help and have knowledge to outlets that can decrease the effects of trauma in childhood. It is imperative to educate individuals and evaluate the correlation between childhood trauma and the negative affects it has on a persons' mental health growth process into adulthood.



This graph shows the different cognitive level of children during their pre-stress, post-stress and recovery processes.

## Conclusions & Discussion

Research has shown being exposed to trauma at a young age can alter the cognitive and social development process in children. Childhood trauma creates a fractured base for how the child's life will continue into adulthood. It is of vital importance children maintain a healthy state of mind and are allowed to experience a trauma free childhood. In the future I would be interested in researching how trauma can be passed down from generation to generation.

## Key Points

- \*Children exposed to maltreatment and traumatic events in their up-comings are susceptible to a stunt in their cognitive development.
- \*Trauma affects the ability of children to interact affectively with others in adulthood.
- \*Trauma in young children can result in behavioral changes.



## Work Cited

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