

HOW RAISING A TRAUMATIZED CHILD CAN BE TRAUMATIZING

TRAUMA CREATES TRAUMA

Complex trauma in the first few years of life can impair brain development, leading to reactive attachment disorder (RAD).

RAD is a serious mental health disorder that inhibits a child's ability to trust primary caregivers and leads to maladaptive self-protective behaviors. Those raising children with RAD often develop post-traumatic stress disorder (PTSD).



WHAT HAPPENS

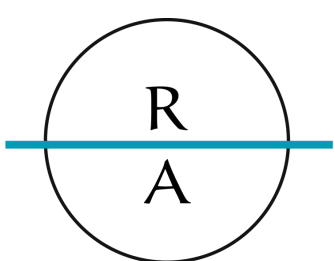
While raising a child with RAD, primary caregivers often:

- must remain calm yet vigilant about the physical and mental wellness of the whole family in the midst of incessant arguing and bouts of rage from the child
- attempt to attach emotionally to the child but are repeatedly rejected
- are falsely accused of abuse, neglect, etc. by the child due to the nature of the disorder (to reject attachment)
- are blamed by and ostracised from their community, friends and family due to the confusing and deceiving nature of RAD, including false allegations
- lack personal and professional support due to an overall lack of accurate education about RAD
- notice negative changes within self and family outside of their control

WHEN TO SEEK HELP

Symptoms of PTSD include:

- psychological/physical distress and trauma triggers
- decreased affect and display of feelings and sense of being detached or estranged from others
- avoidance of thoughts and feelings and decreased interest and participation in significant events
- helplessness, rage, hopelessness and anger
- increased arousal, sleep problems, irritability, hyper-vigilance and high startle response
- feeling different than others, damaged sense of self-worth and feeling out of control emotionally
- selectivity in perceptions, victim identity, fatigue, depression and loss of security



RAD ADVOCATES

