

The Four Pillars: Trauma Theory

Shared Knowledge:

Understanding the impact that trauma, adversity, and chronic stress has on the mind, body, and spirit.

Traumatization occurs when an external event overwhelms the individual's internal and external supports.



External event:

Include abuse, neglect, tragedies, etc. and chronic adversity such as poverty, homelessness, community violence.

Internal Supports:

Include intellectual capacity, self-efficacy, resilience, spirituality, etc.

External supports:

Include parents, family, church, teachers, stable housing, health insurance, adequate food, etc.

Sanctuary supports self-care, and resiliency while promoting posttraumatic growth.



Palm Beach County
Board of County Commissioners

