

Trauma Description

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Enmeshment:

1. Physical:

- Use of implements, face slapping, shaking, hair pulling, head banging, and tickling a child into hysteria
- Having a child physically nurture a parent
- Intrusive procedures (i.e. enemas)

2. Sexual:

- Physical sexual involves: intercourse, oral sex, masturbation, sexual touching known as fondling, sexual kissing and hugging
- Physical sexual also involves: voyeurism, exhibitionism, verbal sexual trauma, failure to have sexual boundary in the presence of a child and having a child witness sexual trauma
- Emotional sexual involves: enmeshment by the parent or major care giver

3. Intellectual:

- Attacking, shaming, or over-control of the child's expression of thought

4. Emotional:

- Shaming a child's expression of emotion
- Refusal to let child express feelings
- Improper expression of feelings by the parent or major caregiver

5. Spiritual:

- The religious addiction of the parent or caregiver
- Trauma at the hands of a religious caregiver
- Parent acting like they are the god or goddess of the family
- Indulgence or false empowerment of the child
- Perfection demanded of/or expected from the child

Abandonment/Neglect:

Failure to provide:

- Food
- Clothing
- Shelter

Failure to provide adequate:

- Physical nurturing
- Emotional nurturing
- Sexual information (age appropriate)
- Medical and dental care
- Financial assistance and information (age appropriate)
- Education
- Spiritual nurturing

- **Being dismissive or shaming of a child's wants**