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Affectation of childhood trauma on adulthood

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According to the abolitionist leader and author Frederick Douglass, "It is easier to build strong children than to repair broken men."

The stage of Childhood for a child is ideally to be a period that provides security, happiness, enthusiasm and hope. The confidence and the love received enable the child to develop healthy and positive relationships in adolescence and adulthood.

However, so many children experience unhappy, traumatic, emotional and physical experiences in their Childhood, leading to the manifestations of various psychological problems, such as anxiety, depression, Substance Abuse, Post-Traumatic Stress Disorder (PTSD), Low Self-Esteem, Relationship Issues, Sleep Disorders, and an increased risk for chronic physical health issues too. Several factors, like the age and nature, duration and severity of the traumatic incident, and coping abilities, also impact the extent of trauma on the child. In adulthood, these children often suffer from trust issues, low self-esteem, difficulties developing close and healthy relationships, communication problems, effective management of emotions, and fear of intimacy and rejection. A few of the topics relating to

- The role of compassion, collaboration and security when supporting individuals who suffered childhood trauma.
- The importance of healing through undergoing therapy or counselling in the case of these individuals.
- The consequence of making the traumatised individual understand the need to take professional support to overcome the impact of their traumatic childhood.
- The significance of supporting traumatised individuals is also to help them find their resilience in the context of their traumatic backgrounds.

Biography

Seetha Sagarán is a Personal Development Trainer, Lifestyle Consultant and Motivational Speaker with a background in English, Psychology, Counselling (including Crisis & Trauma Counselling, (U.K), Hypnotherapy, Metaphor Therapy and Teaching Children with Special Needs (U.K). She is also a Licensed Practitioner of Neuro-linguistic Programming (N.L.P) from The Society of Neuro-Linguistic Programming (U.S.A) and a Distinguished Toastmaster (D.T.M.) from Toastmasters International (U.S.A). In 2020, she launched her customised online personal and professional mentoring program, "The Nankurunaisa Mentoring Program". Seetha is a co-author of the motivational book "Your Dose of Motivation". Published in 2020.

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